

NABLC Safety Advisor

March 2004

National Nutrition Month



National Nutrition Month® is an annual event sponsored by the American Dietetic Association (www.eatright.org) and is endorsed by the DoD Nutrition Committee to support a healthy lifestyle and improve mission readiness. The theme for March 2004, **"Eat Smart, Stay Healthy"**, reinforces the importance of nutrition and physical activity as key components in an individual's health today and in the future. A healthy lifestyle is the key to feeling great and peak performance. This year's slogan communicates that a healthy lifestyle starts with healthy eating. It is a call to action that challenges Americans to take responsibility for their nutrition and physical activity choices. Key

messages in the current campaign include personalizing food choices that include variety, making moderation a goal, and developing a fitness plan. The articles below are provided as starters to help you set your goals.

The Most Important Meal of the Day

by the American Institute for Cancer Research



Remember the saying, "Breakfast is the most important meal of the day?" It's true. In fact, breakfast may help control Americans' increasing problem with overweight and obesity. A number of studies show that people who successfully maintain a significant weight loss eat breakfast just about every day.

What you choose to eat for breakfast makes a big difference for your health. A variety of fruits can bring you near the minimum number of five daily fruit and vegetable servings recommended for lower cancer risk. Or once in a while try a medley of vegetables in an omelet.

A Long-Lasting Start to Your Day

After fasting all night, breakfast can kick-start your energy level. If you choose healthful, slow-burning foods, like whole grains and fruits, you should be able to control your appetite until midday. Overeating throughout the day is also less likely. Studies show that people who skip breakfast tend to make up for the calories later in the day, often with unhealthy, high-fat and high-calorie convenience foods.

There's another advantage, too. Eating breakfast increases the metabolic – or calorie-burning – rate. Consequently, you have more energy and weight control is easier.

Watch out for foods heavy with refined sugars, like pastries and sugary cereals. These foods offer calories without many essential nutrients. High sugar foods and drinks may also cause your energy to soar briefly before it falls to lower levels. You may feel more drained and hungry, even if you ate breakfast.

To avoid the sugar slump, choose whole grain breads and cereals (with low sugar content), fresh or canned fruits (in unsweetened juice) and even foods that are not usually served for breakfast, such as vegetable soup or a bean spread like hummus on whole wheat toast. Choosing these foods will give you longer-lasting energy.

Breakfast on the Go

To resist the temptation to grab a doughnut, shop smart. Stock your pantry with healthful ingredients, like oatmeal, whole wheat bread, wheat germ, nuts and canned or dried fruit. Flaxseed from health food stores is an excellent source of omega-3 fatty acids, which you can grind and add to lowfat cereal, yogurt, cottage cheese and smoothies. Some other quick and healthful ideas are:

- A nonfat or lowfat yogurt parfait layered with fresh fruit and cereal, nuts or raisins
- Lowfat yogurt mixed with fresh fruit in a blender for a vitamin-rich smoothie
- Whole wheat toast with a little peanut butter and banana slices

- Instant or quick-cooking oatmeal or whole grain cold cereal with raisins or fresh fruit and lowfat dairy or soy milk
- Fish, such as leftover salmon, on a whole grain bagel with reduced or nonfat cream cheese
- Homemade bran or fruit and nut muffins, made on the weekend and frozen.

The American Institute for Cancer Research offers a brochure called *The New American Plate for Breakfast* to help you change to a better beginning each day. It includes recipes. Call 1-800-843-8114, ext. 110, to request your free copy.



Get Healthy!

CPT Trisha Stavino, RD, LD

So you want to be “*healthy*.” What exactly does that mean? Are you going to “*watch what you eat*?” What are you watching for? You want to “*get in shape*.” What shape do you want to get into? So many people have such good intentions regarding their health. Unfortunately, they go about achieving their goals all the wrong way. When it comes to nutrition, there is literally a TON of advice out there. Many of us haven’t a clue where to begin. Setting realistic goals is a good place to start.

Goal #1: Eat better. This is too broad and too boring. We all want to eat better, but eating better for one person is different than eating better for someone else. Let’s try some other, more reachable and personal goals.

1. Drink less soda. Soda is full of sugar, which means it is full of empty calories. Just 2 cans of soda will add 300 unneeded calories to your daily intake.
2. Eat out less. The typical restaurant meal has ~1,000 calories. Need I say more!
3. Eat 3 pieces of fruit everyday.

Goal #2: Exercise more. Great goal, but too broad. What are you going to do, for how long, how often, with whom, what if it is raining? The more specific your exercise plan, the more likely you will stick with it.

1. Walk around the block 3 times 5 days a week.
2. Watch no more than 1 hour of TV daily.
3. Learn how to do something new like swimming, rollerblading, or cycling.
4. Park your car at the back of the lot everyday.
5. Take dog for a 30-minute walk everyday after work.

Goal #3: Eat less fat. Better, but exactly what sources of fat are you going to limit and what about “hidden” fat?

1. Eat fried food less than one time a week.
2. Switch from whole milk to 2%.
3. Use fat-free salad dressings.

I do not recommend making weight loss alone a goal. Losing weight should be a result of achieving other goals. Weight fluctuates daily. Plus, many individuals improve many other aspects of their health before they see a weight loss, and that is OK.

Now in order for you to NOT lose focus and to stay committed to your lifestyle changes, you must constantly remind your self, “Why?” are you doing this? The results are...

Result #1 Lower Cholesterol

Result #2 Lower Blood Pressure

Result #3 Reduced Risk of Cancer (Breast, Kidney, Stomach, Prostate, you name it!!!)

Result #4 Lower Blood Sugar

Result #5 Reduced Stress

Result #6 Improved Eye Sight

Result #7 Weight Loss

Accident Prevention

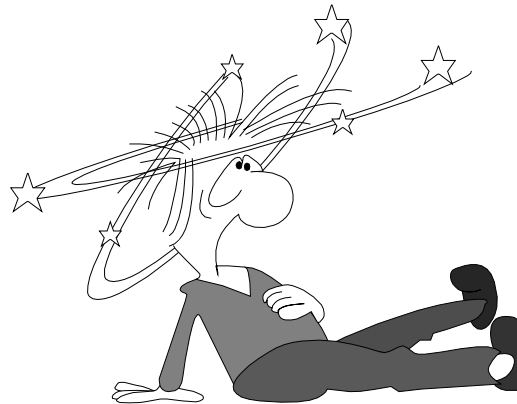
In plain language, preventing accidents is everybody's job. Accidents just don't happen out of the blue, they are either the result of an unsafe act or an unsafe condition or both.

Smart Safety Rules

1. If it looks unsafe, it probably is unsafe.
2. Immediately report all accidents, unsafe conditions and near misses.
3. Don't perform any task unless you have been trained and authorized.
4. Use the proper Personal Protective Equipment (PPE) for the job.
5. Inspect all tools & machinery before using – never use damaged equipment.
6. Stay focused on the job – no horseplay allowed.
7. If you need help, ask for it.
8. Don't rush any task
9. Follow all safety rules
10. Know the hazards & how to control them.

Types of Hazards

Unsafe acts – most accidents are caused by an unsafe act. Such as operating tools or equipment without training or permission, failure to use Lockout procedures, horseplay, running, failure to inspect equipment, or attempting unauthorized repairs, not following safety procedures, improper lifting, not using PPE, improper use of chemicals.



Unsafe conditions – Damaged equipment or tools, poor lighting, slippery walking surfaces, missing machine guards, inadequate training or supervision, exposed electrical circuits, worn or damaged PPE, improper storage, trash accumulation, over loaded electrical circuits, congested walkways, trip hazards, missing hazard warning signs, unlabeled chemicals.

No Excuses!

Don't let these "excuses" be the cause of your next accident.

That's the way I always do it...

I can take shortcuts... I'm experienced...

I was just trying to fix it...

I thought I knew how...

I was in a hurry....

Doing it safely takes too much time...

I didn't know it was loaded...

For every accident, there is a preventable cause... find & fix the cause **BEFORE** the accident